



INSIDE:

Coral and Mike Get Real With SHU

NEWS

Long Overdue
Homecoming
Weekend
Finally Here
Page 3

EDITORIALS

E-Board
Recognizes
Hard Work
Page 4

FEATURES

MSA Has
Big Plans for
Future
Page 6

A & E

Farm Aid
Benefit
Concert
Page 9

SPORTS

Dance Team
Sets Goals High
for New Year
Page 12

By Julie Fuhrman
Staff Reporter

Mike and Coral from *The Real World 10: Back to New York* spoke in the Pitt Center here at Sacred Heart University last Monday. The Pitt Center was filled with fans of *The Real World*, anxious to have their questions answered. Mike and Coral answered all the questions asked with honesty and humor. Since *The Real World* ended, Mike has moved to LA and has been attending UPW Wrestling School for the past six months as well as acting school. He is actively involved with charities, including a charity called A Time for Heroes where he meets with children that have AIDS or have a family member who is dying from the disease. He is also involved in a charity called Holiday Nights where they play basketball at schools to help them raise money. Coral has also moved to LA

and currently has a hosting agent. She is starting a non-profit organization called Zapatos for people to donate shoes for those

Rules Challenge. "Theo is a fine looking, great guy, but we are just friends now." Coral is currently dating

woke me up," Mike commented. Coral agreed with Mike commenting, "I was the bitch. I am never sorry or regretful. I thank God everyday. I didn't expect to get anything out of the experience. I realize that I have no control over the situation so I'm cool about it."

Whether *The Real World* portrays reality is a question that Mike and Coral get asked a lot. Both feel that *The Real World* is as real as it can be on camera. Mike and Coral made it clear that there is a lot of editing

done so you are only getting a few layers of someone's personality. Both Mike and Coral's family and friends were very supportive in their decision to become cast members and remained supportive after the show was aired. "My family was supportive and didn't have any issues with it," Coral commented. Mike's parents, "were just happy I was on television. To this day, they love being recognized, just from being on one episode" And what would reality be

See "Real World at SHU" page 2



Photos by Susan Magnano

who are less fortunate. All the Sacred Heart students in attendance were able to catch up on some real juicy gossip. Coral was very quick to comment that while she went on two dates with Steven from this season *The Real World: Las Vegas*, he wasn't her type, commenting that he kisses like a four-year-old. "If you have an audience and a chance to talk about a guy who is talking about you, you do it," Coral stated. Coral also cleared up the rumors concerning her and Theo on *The Real World Vs Road*



only be a positive experience. However, Mike and Coral made it clear that while they never regretted a thing, there are times where it got hard. "I went through a phase where I felt that they took advantage of me, but now life is so much more fun. I thank God everyday I got on the show. The show

MTV Pulls the Plug

By Elaine McCauley &
Casey Reynolds
News Editor & Staff Reporter

At the start of the week, Sacred Heart students were informed that MTV would be making an appearance at our Homecoming festivities this weekend. Now, only a few days later the reverse is true. Many of you are most likely asking, why?

Theodore Burr, from the Office of Alumni Relations stated that "MTV's proposal was not up to the Sacred Heart standard of professionalism. Personally, I don't think they were ready."

Plans for Sacred Heart to appear on MTV's Homecoming Special only began last Thursday and all of the details

were clearly not fully worked out.

"I would not put one of our students in front of a camera not to have them represented as themselves. We have fine students here at SHU," said Burr.

The entire team running Homecoming weekend was more than willing to honor all of MTV's requests.

"We began to do all that we could to accommodate them. We rescheduled the field hockey game that was to be played in the stadium, making arrangements to play the game in New Canaan. We had to OK it first with the NEC and Rider College," said Burr.

In addition, MTV had plans to use the Band, Cheerleaders, and Dance Team and arrangements were made with all of those groups. MTV also requested three hours of

rehearsal time and three hours of filming, all of which Sacred Heart was ready to give. The University was even willing to clear the parking lots by the Pitt Center so that MTV could bring in all their equipment.

However, with all these requests in place, MTV was still not being clear as to what exactly was going to happen on Saturday. Burr also said, "We have too much pride in what the University represents to not know the details of what they proposed." If another event is scheduled with MTV, the University will be sure to make a contract detailing everything that will occur.

Students around the campus certainly have reactions to all of the news from the past week. Senior Joe Tournabe from Huntington, NY said

it was "too good to be true."

Keri Nastri, a senior from Oceanside, NY it is a disappointment because "this school had something exciting for us to look forward to."

Senior Tom Etense (Bellport, NY) added, "I didn't get my hopes up because I knew it probably wouldn't happen."

Jordan Walton, a senior from Nashua, NH said, "I think it sucks because they said they were coming and then they ditched us. But now I don't have to get up early."

Student Government President, Tom Pesce, senior from Ridgefield, CT added, "I think that it is a huge disappointment for us, but students should still be excited for Homecoming. It will still be worthwhile and MTV was just an added bonus."

Omega Reaches Out to Haitians

By Andrew Oshan & the
Brothers of Omega Phi Kappa
Staff Writer &
Contributing Writers

On February 1st 1995 on the campus of Sacred Heart University sixteen distinguished gentlemen founded Omega Phi Kappa, a fraternity established for the purpose of promoting the ideals of diversity and the continuing of one's education. The present brothers have continued to promote these causes on the Sacred Heart campus, in local schools, and the surrounding communities of Connecticut. With high expectations for this year, the fraternity wants to expand and reach out to areas that Omega and many other people have not thought of reaching

anywhere acquire an adequate education or improve on their education they should do as much as possible to assist them.

Last year HLD raised enough money to help fund approximately 400 primary school children on the island of LaGonave. With such great success last year the our goal is to help HLD reach that goal again through any type of support and donations. With such a huge objective ahead the brothers of Omega Phi Kappa decided what better way to raise the money than by asking for the help of their local Pioneers. So collection tables were setup, dorms were walked through, and banners and flyers were put up in efforts to make the SHU community aware of what the brothers are trying to do and provide some sort of awareness to the conditions



Photo by Anthony Franciosa

Two Omega Brothers ask for donations.

out to. This is why Omega Phi Kappa is supporting Haiti Lumiere de Demain, translated as Haiti's Light for Tomorrow (HLD). HLD is a non-profit organization working to promote educational opportunities for the underprivileged children on the island of LaGonave, Haiti.

Louis Elneus who is an assistant coach for the Sacred Heart University men's soccer program founded HLD. The Brothers of Omega Phi Kappa felt that to further their cause it would be a privilege to fundraise money and donate it to HLD's textbooks program to help underprivileged students in Haiti. Haiti is considered to be the poorest nation in the Western hemisphere. Today the population of Haiti stands at about 8 million, which is the second most populated nation in the Caribbean after Cuba where 60% of the population can not read and write. Not being able to acquire these skills hinders personal advancement and development in Haiti.

The average Haitian earns less than \$450 per-year, which is can be considered a less than adequate amount of money to sustain one's family. With a high percentage of the population living in poverty it becomes an ongoing struggle with education. The Brothers of Omega Phi Kappa took the first step in supporting HLD's cause because they feel that if presented with the opportunity to help children

other children are living under and how fortunate we are.

At the table a small display was presented of the different types of books the children will hopefully be receiving. The estimated total cost of all the essentials one child will need is about thirty-five dollars. This package includes eight books, which will all be used again in the next class the following year. The table set up was such a that we set out to get donations on a more personal level.

So far with the help of the Sacred Heart community Omega has raised roughly a total of \$900. They still want to continue to fundraise knowing they have the support of friends, brothers, other organizations, and most importantly the SHU community.

Paul Herman, a junior from Bronx, NY is Omega's Vice President. He said, "To reach our goal of \$2000 we are going to have to keep working and keep motivated."

The Brothers of Omega Phi Kappa are very grateful for all the support and donations they have received and want to just thank everyone from the Sacred Heart campus that found it in them to support us no matter how much or how little.

Herman concluded, "When Omega was first started in 1995, they said that their main objective was to further education, and I believe that's what we are doing."

Ideas About Iraq: SHU vs. American Public

By Michael Burna
Staff Reporter

In the wake of the attacks on 9/11, President George W. Bush has vowed to fight terrorism by all means necessary, and to protect the United States of America no matter what it takes. After the deployment and initiation of troops in Afghanistan, and since the United States has thrown the Taliban from power, President Bush has focused his sights on another imminent threat—as he sees it—Iraq, or perhaps more importantly, Saddam Hussein.

As the current situation between the United States and Iraq heightens, a group of Sacred Heart University students have been getting their feet wet with a poll concerning these current events. The NY Times recently conducted a telephone survey of a random sample of Americans across the United States. One Sociology Professor here at Sacred Heart University, Dr. Gerald Reid proposed the idea to his Introduction to Sociology class, to conduct such a survey within the SHU community.

However, the survey would be initiated a little differently - instead of using a random sample of students here at the University, Reid had his class implement a convenience sample survey. This particular convenience survey required each student

in the class to interview four students, two male and two female; they were to interview these students on a convenient basis (i.e.: roommates, students from other classes, people in the elevator, etc.).

The list of questions within the survey was very brief, and is as follows. When asked their opinion about military action against Iraq even if substantial military casualties occurred, the American public and Sacred Heart students were pretty much equal in response, however SHU students appear to be more liberal about the topic. The NY Times' poll showed that 50% were in favor, 38% opposed such action, and 12% voiced no opinion; while Sacred Heart students pitted 57% in favor of military action, 25% opposed, and 18% were indifferent.

Secondly, 47% of the American public felt that the United States should not attack another country unless that country has attacked the U.S. first, and 35% of the Sacred Heart community felt that this policy should stay intact. Finally, 41% of Americans according to the NY Times poll felt that the U.S. should be able to attack any country it considers a threat to itself. Again, the pattern of liberalism among SHU students is evident, with 49% participants in agreement with the aforementioned.

Professor Reid was interested in many aspects of the survey, but one conclusion stuck out. Reid seemed most surprised about the

fact that students at this University were more in favor of pre-emptive action, which is attacking another country because we fear they might attack us.

"This is a dramatic and controversial shift in U.S. foreign policy and it appears that this is a shift that is supported by a very large percentage of the students interviewed," says Dr. Reid.

These same questions were divided up among the male students and the female students with an overwhelmingly sizeable margin. 75% of male students feel that military action should be taken against Iraq regardless of substantial U.S. casualties; while just 39% of females felt that such attacks were necessary.

Another substantial difference was that 61% of male participants felt that the United State should be able to attack any country it thinks might attack our nation, on the same token just 37% of females felt that such a policy should be held up.

One Sacred Heart student offers his opinion on these figures, "I am not at all shocked by the percentages. By nature men are more aggressive than women and clearly it is represented in those numbers," says Junior T.J. Garvin, from Ringwood, NJ.

Indeed this comparison between the American public and a sample of Sacred Heart students proved to be both interesting and informative.

Real World Speakers at SHU

Continued from page 1

without some rivals? When asked which cast member they would want to beat up, Coral stated that she would "just like to hit Holly once to bring her down to reality." Both Mike and Coral agreed that Steven from *The Real World: Seattle* is certainly someone who deserves a smack.

Even Mike and Coral didn't always get along. In the beginning of the season, Mike felt he was "young and didn't know any better. *The Real World* made me open my mind and become a better person." Being placed with diverse people, both Mike and Coral had to adjust and learn to become open minded. "The hardest thing to get

used to was Mike," Coral commented. However now they both equally feel that they share a sister/brother relationship.

While taping *The Real World*, all the cast members had to pay for their own food, entertainment, transportation, etc. However, they now have great perks, such as getting paid to talk to colleges and meeting famous celebrities. "Sacred Heart students were a great crowd and gave us a warm welcoming," commented Coral on her experience at Sacred Heart University.

Not only was Mike present at Sacred Heart University, but he also brought "The Miz" with him. Mike showed off one of his favorite wrestling moves, using a Sacred Heart student for his d

emonstration. Sacred Heart students learned a lot about *The Real World* and all the behind the scenes gossip from Mike and Coral. Some details such as the fact that Mike never washed his sheets in the seventeen weeks he was in the house may or may not make people look at Mike and Coral as real. However one thing is for sure, what was seen on *The Real World: Back to New York* and what was heard at Sacred Heart University proved that their television personalities were the real thing. Mike and Coral were both the same people that everyone tuned in to watch every Tuesday night, except this time they were talking right here at Sacred Heart University.

Say "Hola" to Latino Heritage

By Stephanie Jelacic
Staff Reporter

Wednesday, October 2, marked the opening ceremonies that officially began Latino Heritage Month. Throughout the month of October the celebration will host a variety of events featuring Latino food, music, dance, art and poetry in order to spread Latino culture around the Sacred Heart Community.



www.anamantes.com *Flamenco is a dance of Latino Heritage*

Naiara Azpiri, a senior from Basque Country, Spain is one of the main coordinators for the event;

she feels that Latino Heritage Month is "for people to learn what Spanish culture is really about."

One of the first events will take place on Sunday, October 6. It will be a bi-lingual mass with

Spanish cooking lessons, panel discussions with Latino authors, Latin Lunch Day at Flik, and art exhibits with food, performances, and instruments typical of Latin music.

Also, there will be a special pub night with a Spanish jazz band, games and piñatas, salsa and meringue lessons. Guest speakers such as Richard Nuccio, plans to talk about the economic and political issues of South and Central America.

Finally, the biggest and most anticipated event of the month will take place on November 2 - the semi-formal dinner dance, "Noche Tropical."

Naiara also adds that "it is going to be a fun month, and everyone is welcome to participate in the celebration."

Former SHU Star Arrested

By Rich Suarino
Staff Reporter

Former Sacred Heart star football player and current Dallas Cowboys player DeVeren Johnson was arrested on September 23rd at Bradley International Airport for pushing his way through a security checkpoint and leaving without being screened.

The NFL reported the 24-year-old Johnson was charged with breach of peace and circumventing airport security. He was released on \$500 cash bond and ordered to appear in court on October 8th. The incident occurred at approximately 5:47am at Terminal A and he was arrested shortly after in the concourse area. Despite the security breach the airport was not closed.

Johnson was back on the Campus Field sidelines over the weekend

but only as a spectator; he had been visiting Sacred Heart and the football team on Saturday to see the first home game of the new season.

According to a *Connecticut Post* article Johnson's agent Joe Linta stated that Johnson was sorry for his mishap. "He knows that it was stupid for him to put himself in a position like that," Linta said. "He made a mistake. He knows it was dumb and he's learned his lesson."

Johnson, a 2002 graduate of Sacred Heart University is currently on the Dallas Cowboys practice squad and was the team's 6th round 208th overall draft-pick in 2002. Johnson was a standout football player in 2001 and 2002 and won All-NEC honors two times, a Mid-Major national championship and I-AA Mid-Major All-America honors while attending Sacred Heart University.

SHU Homecoming Has Finally Arrived

AFTER A TWO-YEAR HIATUS, HOMECOMING FESTIVITIES ARE THE MAIN EVENT FOR THIS WEEKEND

By Lauren Testa &
Eileen Gulian
Staff Reporters

This year's homecoming weekend, starting tomorrow at 7 p.m. in the Pitt Center, is packed with new traditions, Sacred Heart pride, new alumni, and both rookie and veteran undergraduate students.

Sacred Heart students, administration and alumni have the opportunity to watch football, see old friends and partake in a host of exciting events throughout the weekend.

Rebecca Rickert, associate director of Alumni Relations and the Homecoming Committee has carefully planned the Homecoming weekend for the past two years. Rickert stated that "the two-day event will include non-stop activities for everyone to enjoy". This year's Homecoming weekend begins on Friday October 3, from 7-8 p.m. at the Pitt Center with a Bonfire and Pep Rally. From 8-11 p.m. there is a carnival on the patio outside of South and West Halls that will have inflatables, game booths, rock climbing and more activities for everyone to participate in.

Another new aspect of Homecoming this year is the zero-year reunion for the class of 2002 and the class of 2003 on Friday night from 9-12 p.m. at the Pitt Center. Open bar will include 2 drinks for

those 21 and over and a cash bar will be available for those who would like more than a drink or two. If you are a senior and are interested in attending the reunion you are in luck. The event only costs \$5 that will be deducted off of your meal card.

In addition to the activities on Friday night, Saturday's pre-game activities begin with the Homecoming Parade. The Homecoming Parade consists of student and alumni decorated floats, Marching Band, Cheerleaders and the Dance Team, all who will stroll through campus starting at Park Avenue and concluding at the Pitt Center.

This year's homecoming will also include a student voted King and Queen. The Homecoming King and Queen were nominated by faculty and staff. During this week in Flik, the SAA (Student Alumni Association) will be tallying up votes from the student body. The King and Queen winners will be announced at the Pep Rally on Friday night.

Following the parade, the Sacred Heart Football team takes

on Robert Morris at 2:00 pm. Two hundred alumni are expected to attend Saturday's events. Alumni will be able to enjoy the football game while sipping beers in the beer garden and eating food under the alumni tent. This will give the alumni a chance to catch up with friends and share memories during the game.

Student Government President, Tom Pesce, a senior from Ridgefield feels that this year's Homecoming is definitely going to be the start of a great tradition for Sacred Heart University.

"Rebecca Rickert and Alumni Relations have done an amazing job planning this year's homecoming. This has been a two-year work in

progress, because of September 11th, Homecoming was cancelled last year, but this year we are certainly going to make up for it. I think that the students' pride for SHU is at an all time high right now and that should be very evident during this weekend," says Pesce.

"Homecoming this year is this going to be better than in the previous years," says Rickert. "This event

will make a positive impact on so many people, where

in comparison to the past years only a alumni could enjoy the event. More people than ever are planned to come back and walk the courtyards, Campus Field and campus of SHU for the first time in many years," Rickert said.

"Students come from a high school with a traditional Homecoming, then they come to SHU with a National Championship Football team, without a traditional homecoming and now we have an opportunity to celebrate that!" Rickert added.

"I think that this year looks to be as exciting as ever including a full weekend of activities starting with Friday's bonfire and

Pep Rally," said Larry Wielk, Dean of Students. "Homecoming provides a wonderful opportunity for our Alumni's to return to campus and celebrate the life and growth of Sacred Heart University," Wielk added.

This year's homecoming promises to begin new traditions, increase alumni relations, and make a positive impact on Sacred Heart's campus. With only the anticipation of this weekend's events, Homecoming already has instilled new traditions and excitement in the students and alumni at SHU.

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- Tom Pesce, SG President

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- Rebecca Rickert, Associate Director of Alumni Relations

Editorials

Can I Interview

With two news writing classes filled to capacity this semester and a very enthusiastic "Spectrum" staff, chances are good that you may be asked for an interview. Therefore, I have outlined a brief overview of the professional journalism standards that the "Spectrum" uses.

To begin, if a reporter contacts you for an interview, it is understood that whatever is said in that interview is "fair game" to be used in print. The reporter not the interviewee determines what will be used in the article. If you do not feel comfortable having your words appear in print, simply refuse to meet with the reporter. In the case of a news story where your quote may seem necessary, a line stating that you refused to be interviewed for the story will appear.

If you agree to be interviewed, it is important that you choose your words carefully. Once you have said something, it cannot be taken back. Since it is implied that the reporter acts as a representative for his or her readers, speaking to a reporter is the same as speaking to the newspaper's readers. Should you wish to share news with a reporter that you do not want to be attributed to you, you must tell the reporter that the information you are about to share is off the record. You must use the words "off the record" BEFORE you share the information in order for the information to be excluded.

Since many different elements contribute to publication decisions, it is important to remember that speaking with a reporter does not mean that a story is guaranteed. Many times the timeliness or widespread effect of one story may cancel an equally as important one. Publication decisions are based on serving a newspaper's readers and are not a reflection of the value of the excluded event or person. If your event or organization is excluded, the decision is not personal. Since fairness is one of the most important elements in any newspaper, giving too much space to any one club or organization gives the appearance of bias, therefore, every effort is made to cover as many events and activities as possible.

Similarly, the "Spectrum" is a student-supported paper published for students at Sacred Heart University. Though

faculty and staff are encouraged to read each and every issue, it's important to remember that the paper's primary audience is students. It is the paper's job to serve its readers by printing appropriate articles for that audience, therefore, many of the articles may not pertain to all readers.

The editorial pages of the "Spectrum" are open to all readers. These pages are specifically reserved for readers to share their opinions. Therefore, if you have a complaint or concern about something that is published in the paper, you have an opportunity on these pages to share your opinion with everyone. Many times the editorial pages are filled with writings from the newspaper staff simply because there were no other articles submitted.

Finally, though these rules are the ideal that the "Spectrum" strives for, it is vital to remember that as with most things on campus, the paper is a learning environment. According to the First Amendment to the U.S. Constitution, students have the legal right to determine their own content without interference from university officials, faculty or staff, myself included. This being so, mistakes will be made but it is a newspaper's responsibility to correct any inaccuracies that appear in print. If something is inaccurate, a retraction will be printed. If you don't like something, you have the right to use the editorial pages to voice your opinion.

It's important to reiterate that these standards are adhered to by all reputable news organizations. So, now whether it's a reporter from the "Spectrum" or "The New York Times" who comes calling, you'll be ready.

"According to the First Amendment to the U.S. Constitution, students have the legal right to determine their own content without interference from university officials, faculty or staff, myself included."

Debbie Danowski, Ph.D.

Advisor to the "Spectrum" and an Assistant Professor of English.

E-Board Recognizes Hard Work

Dear Spectrum,

On behalf of the Sacred Heart University Community, Student Government would like to congratulate you! Your hard work and dedication to bringing new life to the university newspaper has truly paid off. The new addition of the Spectrum is outstanding!

You embraced change when you introduced color to the cover. Just a small change can make all the difference. Of course, new technology is partnered with unforeseen difficulties, but you overcame all the obstacles to publish week after week of quality writing. Such devotion and diligence is unparalleled in the university community and has not gone unnoticed.

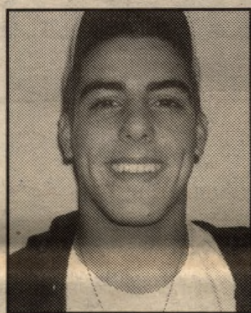
You provide an outlet for those who dream of working in journalism to exercise their talents as well as a voice for the student body to express themselves creatively. For these reasons and many more you are an irreplaceable part of university life here at Sacred Heart. Thank you for all that you do!

Sincerely,
Student Government Executive Board 2002-2003

The SHU Voices

-Compiled by Susan Magnano

Would you ever want to be on the Real World?



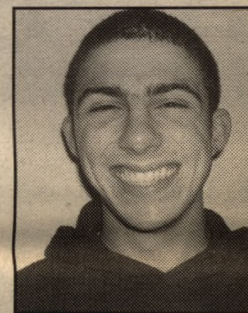
Mike Galdieri
Palisades Park, N.J.
Freshman

"Yes, because of mad publicity and mad girls."



Victoria Primiano
Queens, N.Y.
Junior

"No, because the new seasons are all about drama and sex."



Mike Smith
Canton, M.A.
Freshman

"No, because they edit the show so the people look like fools."

Thank You From the Editor

I wanted to take this opportunity to thank the Student Government Executive Board for their encouraging praise and for their acknowledgement of all the hard work that my advisor, editors, and staff writers have been putting in to make this year's paper the best it has been. It is safe to say that my editors, as well as myself, had no idea of the complications we would have to endure in order to get the paper out on time each week. We have gone so far as Instant Messaging files to each other due to technical difficulties! Needless to say, we all persisted- staying holed up in the office into the early morning hours to get the paper out.

As I came into my office today, I have to admit, I was wondering what kind of problems I would face, but instead I was greeted by the letter published above...and a smile came to my face, because your letter makes it all worth while. Thank you so much for your support! We aim to please!

~Sami

Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged.

All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any published material.

The Spectrum is a student run newspaper of Sacred Heart University, published every Thursday during the academic year.

All mail should be sent to the Spectrum, Sacred Heart University, 5151 Park Ave., Fairfield, CT, 06432-1000. Our phone number is 203-371-7963 and fax is 203-371-7828.

Letters/Op-Ed

What is Counseling?

The Counseling Center... chances are you walk by it everyday. You may have met the Counselors at Orientation or at campus events; while many of you may have experienced the counseling process first hand. For those of you who are unfamiliar with the counseling process, we thought we would provide you with a quick overview of what we do, and how we can help you.

Counseling or psychotherapy is the process of a client seeking help from a mental health professional for emotional, psychological, developmental, sexual, or relational problems. It is a collaborative process that involves the development of a unique partnership between the client and the Counselor. The Counselor acts a facilitator to help clients with self-awareness, self-insight, personal goal-setting, lifestyle practices and personal and professional relationships.

Open and honest discussion of feelings, thoughts (cognitions), behaviors, relationships, and life experiences with a trained professional in a confidential setting enables the individual to develop in all aspects of life and living.

There are four types of professionals who can help you with your problems: Psychologists, Psychiatrists, Social Workers, and Counselors. Psychologists have a doctorate (PhD., Psy.D., or Ed.D.) and undergo 4 years of training and education in research, human behavioral theories, and therapeutic techniques. In addition, Psychologists specialize in the administration of psychological assessments and research.

Social Workers have a master's degree in Social Work (M.S.W. or C.S.W.) which entails two years of post-graduate training in social support systems, organizations, and groups. During the therapeutic process, Social Workers consider the individual as a part of many systems, such as the family, the community, the nation, and the world.

Counselors (M.A., M.S., or Ph.D.) receive either masters or doctorate degrees (2 and 4 years of post graduate education, respectively) and consider the individual from a holistic perspective. Counselors are more interested in prevention than mediation and intervention and perceive problems as a rooted in human development, relationships, and/or personal responsibility.

Psychiatrists are medical doctors who have specialized in psychiatry. They tend to use past-

oriented therapeutic techniques (Psychoanalysis) and can prescribe psychotropic medications.

The SHU Counseling Center, in particular is composed of 6 professionals: Mary Jo Mason, Director and PhD, Jocelyn Novella, Assistant Director, M.A., June Meyer, M.A., Janice Kessler, MSW, and two interns, Courtenay Trahan and Anne Whyte. All of us are here to help you with everything from problems with roommates to depression to anxiety to stress management to sexual identity. The Counselors do more than "counsel", however. We also provide workshops and in-services on mental health and wellness issues, group therapy, such as the "First Year Experience Group" (that runs on Sundays from 7-8:30 at the Park Ave House), and mental health screenings for such issues as anxiety, depression, and alcohol and other drug abuse. We are available 24/7 for crisis intervention and maintain one appointment hour per day for emergent cases. We are open Monday through Friday from 8:30 am to 4:30 pm.

The first session usually lasts about 45 minutes and the Counselor will assess and evaluate your mental health needs. The Counselor may ask you about your lifestyle, your family, your relationships, and your goals and dreams. We do more than chat, however. We are professionally trained to assist you with self-awareness and insight and to guide you toward a happier and more productive life. Usually, a student will see a Counselor 6-8 times, however, if need be, more sessions can be scheduled.

Counseling at SHU is free-of-charge and confidential. Confidentiality is the foundation of our profession. It means that we cannot share with ANYONE—that means parents, coaches, the Dean, other students or the faculty—of anything discussed in session. We can only breach confidentiality if we assess that the individual is suicidal, homicidal, or he/she reports elder or child abuse.

So, if you are having problems and don't know where to go...call us at 371-7955 or stop by the Park Avenue House to make an appointment. You will be amazed at how approachable the Counseling Center staff actually is.

By the way, we also provide free and confidential services, including consultations, to faculty and staff. We are willing, ready and able to give an in-service or a workshop to any group, organization, class,

or meeting. We are a wonderful resource. We urge the SHU community to take advantage of our services!

You can check us out on the web at <http://counseling.sacredheart.edu>

Throughout the academic year, we plan to submit articles to the Spectrum on a bi-monthly basis and discuss issues and topics that are pertinent to you as a student at SHU. For example, we will submit a column on Stress Management during Mid-Terms and about Healthy Relationships around Valentines Day. If you are interested in a particular topic, feel free to contact us. Look for us in the Spectrum!

Have fun and be well.

Open and honest discussion of feelings, thoughts (cognitions), behaviors, relationships, and life experiences with a trained professional in a confidential setting enables the individual to develop in all aspects of life and living.

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Voting does not affect me, why should I bother?

While in college, participating in an election often seems unimportant and scarcely worth the trouble. Coming home to vote in not always an option and those pesky away ballots can be confusing and hard to come by. So why should a college student bother voting?

As November looms nearer I ask myself that same question. I wonder who is running and if I know enough about the candidates. Too many slander campaigns and a lack of information about what candidates stand for leaves me confused. Also, I feel as if I have a limited choice of candidates and that none of them stand for what I believe in. I am not surprised by the lack of enthusiasm shown by most college students.

Despite these concerns, I have still voted every year since I turned 18. I realize one of the best ways to change the country

is to vote. Unfortunately, most candidates do not consider college students an important demographic. In order to change this, we need to make our voices heard.

College students can make their voices heard by being informed about the issues the candidates present. We can write letters to our local politicians with our concerns. We can join political clubs at our schools. This is our country after all.

We live in a country in which our founding fathers fought for freedom so that we could have a Constitution "by, of, and for the people." Wars are fought all over the world because people are not free and do not have the right to vote. For years Americans have lost their lives fighting, so that we have the right to vote and be free. While I do not believe our government is perfect, I will not forfeit my rights and miss voting in the next election.

Katie L. Carroll
Milford, CT



Features

Tom Wuestkamp : Leaving a Mark

By Katie Trindall
Staff Reporter

Most graduates of Sacred Heart University leave the school with their degree in hand and a smile on their faces. Tom Wuestkamp however decided to stay and lend a hand in bringing in the newest freshman class and helping them realize all of the great things that Sacred Heart has to offer.

Wuestkamp, a graduate of 2001 with a degree in Finance, was the president of his class from the time he was a sophomore until he graduated. He is originally from Blackwood, NJ.

He was involved in activities such as Student Events Team and Student Government. Soon he became involved with the Orientation program that allows incoming freshman to come together with their new classmates and learn about their new school and the environment that they are going

"The thought that I may be leaving next year is sad... I love this school"

Tom Wuestkamp

to be living in for nearly the next four years of their lives.

"Freshman year I was one of those kids that wanted to transfer as soon as I got here. I stayed in my room for most of the first semester because I wouldn't give the

school a chance," says Wuestkamp.

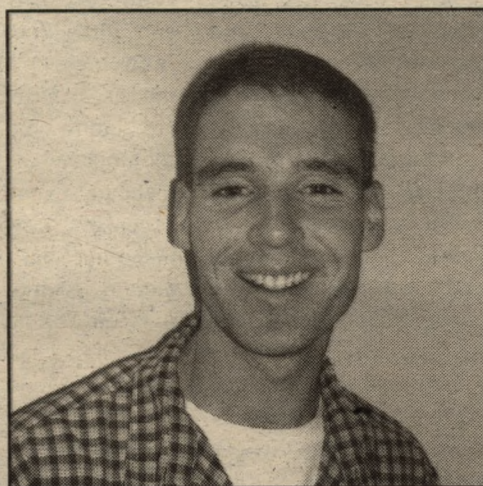
"I finally went out there and got involved and I really enjoyed the events the school had to offer," Wuestkamp said.

Wuestkamp holds the position of Student Life Graduate Assistant while earning his Masters degree in Business Administration, which he will be receiving this spring. He will become the Freshman Class Student Advisor as soon as elections are held for Student Government. He is also involved with the Orientation Leaders Training Program in the summer.

This program allows for 15 of the University's students to become Orientation Leaders. There are three days of intense training which allow for all of the students to learn how to work together, learn more about themselves, and most importantly learn more about each other and become a part of a new family.

"The key to Orientation Leader Training is that there are no other distractions on campus. There are no other students on campus, so these 15 students are forced to stay together and learn as much about each other as they can in three days," Wuestkamp said.

Orientation is run to make the transition from a high school senior to a college freshman as easy as possible. The first three days, or "welcome days," are there for the



Student Life Graduate Assistant Tom Wuestkamp is involved with many activities at SHU.

Photo by Susan Magnano

freshmen so that they can meet new people and start learning about their new home. Wuestkamp chooses to work with freshman because he wants to make campus life an awesome experience for them.

"They are new and they don't come in with any negative thoughts about the school. We want to show them every thing that the school has to offer," Wuestkamp said.

He added, "This years class is great! They are high spirited, and because of them we have been having the highest numbers of students participate in events on campus than we have had in awhile!"

Wuestkamp is also thinking

about the coming spring and in some ways dreading it.

"The thought that I may be leaving next year is sad. If I could stay here for 25 more years I would. I just want to try to give back everything that was given to me. I love this school," Wuestkamp said.

While Wuestkamp is marching out of Sacred Heart University with his Masters degree in hand and that familiar smile on his face, life at Sacred Heart will go on. But he has certainly left a mark on this campus community that will change student life for years to come.

The MSA Looks Toward the Future

By Julie Fuhrman
Staff Reporter

Getting together with fellow students who share the same interests and goals is one of the outlets the Media Students Association provides. That is why advisor Greg Golda established the Media Students Association, known as the MSA, in 1999.

According to Golda, the MSA "brings together majors so they can be more involved with planning for events in campus productions, create a network of technical assistance and organize the semesterly exhibition of media studies work."

The MSA hit its peak of 30-40 active members last year and is encouraging new students to join their Monday meetings at 12:30 in the Media Studies Studio.

"We look forward to meeting each and every major, helping them out in anyway that we can. Even if you're not a Media Studies major and interested in making movies, producing a television show or just seeing what it is all about,

you should come to the meetings," Golda stated.

"I have met so many people whom I have become great friends with, inside and outside of the classroom," commented senior Alli Shaughnessy from Randolph, Massachusetts.

Having their own television channel, a speaker every semester and field trips are just a few of the MSA's plans.

"I have been involved in the MSA since I was a sophomore. It is very nice to have the entire field get together and experience what we will be doing in the future. I hope that it continues to go in the right direction and more students get involved," said senior Stefano DiSorbo from Hamden.

With many of their members' graduation in May, the MSA is hoping to have more students join and become involved.

The MSA provides students with a welcoming environment where they can get together with their fellow peers and help plan for the future by encouraging internships.

Most Media Studies majors complete at least on



The Media Students Association is looking for more members to keep the group strong, pictured here are some current members.

Photo by Anthony Franciosa and Greg Golda

internship before they graduate. Students have recently completed internships with Hbo, Mtv, Cnn, Cbs, Nbc, Fox, Wshu, Comedy Central and the Connecticut Post as well as major radio and television stations, advertising agencies and PR firms in the Fairfield area.

"Internships are becoming one of the most sought after courses in our major. The Media Studies major is based on a combination of theory and practice, so we are pleased that students are getting the opportunity to apply the knowledge they gain in the classroom to the workplace," said Jim Castonguay, a Media

Studies professor in charge of the internship program.

"The success our students have had with their internship experiences is certainly a positive sign for the future in the terms of careers after college," Castonguay added.

Several internships have led to careers for recent graduates at MTV, Comedy Central, Fox, Hbo, Cbs, Wshu, Wtnh, and Star 99.9.

"I've had the opportunity to intern in places such as Fox News, and MTV and use the skills that I learned at Sacred Heart University in the real world," commented senior Sue Magnano from Sloatsburg, New York.

Seeking Homer at Fairfield University



Pictured above is a band called Seeking Homer. They opened for Rusted Root this past Saturday evening at Fairfield University at 7p.m. sharp. The band of boys played original music of theirs including "Don't Mess With Texas" and an Elvis cover "Hound Dog." The bassist of the band, James Dunlop of Long Island, NY, spoke with fans in the back of the venue where merchandise was being sold for all three performers of the evening. He likes connecting with his fans and meeting new people, "Being backstage is boring!" Dunlop said. The other members of the band are David Oberacker, one of the main vocalists, Mike Seda, the drummer, and Tom Connors, who plays electric guitar and vocals.

How Safe is the Pitt?

By Patrick McMahon
Staff Reporter

You are being watched. All students at Sacred Heart University know that. There are 49 cameras in and on almost every building and around all parking lots on campus. The Pitt Center is no exception.

With 13 cameras in and around the building, a security center, and a required swipe card with computerized picture, it should be a safe building, right? Every day hundreds of students, staff, and members of the surrounding community go in and out of the gym.

With such a high volume of people traveling in and out using various parts of the Pitt Center, certain measures had to be taken

his or her card. When swiped, the members' picture comes up on the computer screen so that their identity is verified.

There are also three monitors that show what the cameras are seeing. Whoever is behind the desk is watching the monitors, keeping an eye out for anything suspicious. Monday through Friday there is a public safety officer working behind the security desk from six a.m. till two p.m. From then on students on work study work behind the desk until close. On the weekends there is a public safety officer from opening till close.

"We are trying to get a public safety officer to be there at all times," says William O'Connell, director of Public Safety. "I'm not saying we don't trust the students, but it would make people feel safer."

The cameras in the Pitt Center are a big factor for people's safety. All but two of the cameras have PTZ capabilities. This means the person behind the security desk monitoring the camera has the ability to pan, tilt and zoom the camera view so they can focus in on something he or she feels could be a problem.

"I feel safe at the gym. Having someone watching with the cameras is a reassurance. I feel safe, but I worry about my things," says Doug Soviero, a junior from Huntington, NY.

"I had a pair of \$95 shoes stolen out of the gymnasium last week. I put them down

to go to the bathroom and when I got back they were gone," Soviero explained.

Soviero knew he was at risk leaving his things unattended, but he felt safe having someone watching.

"There is someone behind the desk, but how much time they actually spend watching the monitors can not be known," said O'Connell.

If the person watching the monitors sees someone picking up unattended stuff "how can they tell it isn't their own?" O'Connell asked. When Soviero got back to his apartment, he called Public Safety and told them what happened and asked if he could see the tapes.

"They told me the cameras in the Pitt Center don't record. This upset me," Soviero said, "I might have been able to see who stole my shoes and gotten them back."

According to O'Connell it is true that the cameras do not record at this time.

"They have the ability to but that function is broken at this time," O'Connell said. Public Safety is currently looking into upgrading their recording equipment with digital recording devices.

Students and outside members are given no warning when signing up for a membership that their things are safe or not. When working out in the weight room, there are cubic holes to put your personal belongings while lifting. The cubicles are totally open to the public. When brought to O'Connell's attention he said that he would look into getting signs warning people that they are leaving their things at their own risk.



Pictured above is some of the Security equipment in the Pitt Center.

into consideration when deciding on a security system for the building. When you walk into the Pitt there is a security desk. This is where everyone who comes into the gym has to swipe

The Investment Challenge

By Christopher Giarrusso
Staff Reporter

"We hope students will do some real research but even professionals lost money on these investments because the financial statements did not accurately represent the strength of the company.

"Clearly we don't expect to see many people selecting Enron and other such firms. Those firms that have clearly stated their financial reporting policies may benefit," says Dr. Bridget Lyons Assistant Professor of Finance.

Dr. Lyons and Professor John Gerlach started the Investment Challenge about five years ago to according to Dr. Lyons to "encourage students to learn about investing and the stock market."

The challenge runs each semester. The Investment challenge, which started on Monday Sept. 30 and goes through Dec. 13, is run and by The Finance & Economics Club along with SIFE. Any interested students can participate by entering as individuals or in groups. The number of participants has ranged from 20-50 but "we would like participation to increase further," says Dr. Lyons.

Entrants have \$50,000 budget to invest in stocks and ADR (American Depositary Receipts, that allow one to invest in participating foreign companies through dollar denominated securities) listed on the New York, American or NASDAQ exchanges. The students are allowed a minimum of three stocks and a maximum of six

stocks. Funds that weren't invested in stocks were put in a money market fund that earns 3%.

Stock shares were purchased in multiples of 50 (i.e. one may buy 50, 100, 150, etc. shares). Prices at which the stock was bought at was the closing prices from Friday, September 27.

"Clearly we don't expect to see many people selecting Enron and other such firms"
Dr. Bridget Lyons

Winners will be determined based on closing prices on Friday, December 13.

The College of Business will provide a \$100 prize for first, \$50 for second, and \$25 for third.

In addition, Professor John Gerlach will provide a gift certificate to Pizzeria Uno to any additional students with portfolio returns that exceed the return on the S&P 500 (an index of 500 stocks) during the investment game period.

"During the first few years, stock returns in general were very high so the winning portfolio had returns as high as 60% in some semesters. Of course recently the stock market has performed poorly so the results have reflected this. Last Spring most participants had portfolios with negative returns, though many students still out performed the S&P 500," says Dr. Lyons.

Run After a Tow Truck Yet Today?

By Casey Reynolds
Staff Reporter

Ask anyone who lives at Avalon Gates about parking and you may get a response of pure frustration and a sense that he or she fears tow trucks.

This year at Avalon there are 209 residents, as of September 30, and 115 parking spots, leaving 94 people without a place to park and classes to get to. Each apartment at Avalon Gates gets one parking space per bedroom.

That policy did change a couple of years ago to only two spots per apartment but Sacred Heart residents where grand-

fathered in so SHU residents are able to keep the one parking space per bedroom. SHU residents where aware of the parking situation when moving into Avalon but none expected the large amount of midday towing that has been taking place.

"I can't even drive back to change books for my next class without getting a violation sticker and being towed," said Keri Nastri, a senior from Oceanside, NY.

Larry Wielk, Dean of Students, stated, "This is our seventh year at Avalon and I have never had this number of complaints about parking in the prior six years."

Dean Wielk has had about 20 students over the past week

asking for extra parking spots. He is currently in negotiations with Avalon in hopes to acquire more parking for SHU residents.

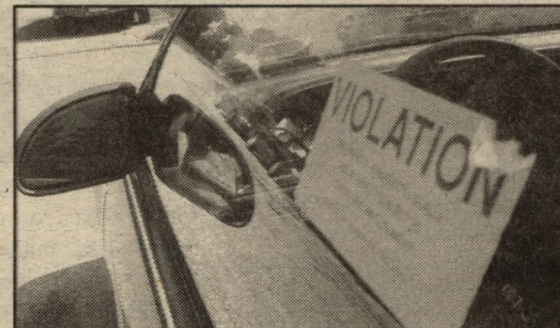
Tom Etense from Bellport Long Island states, "I find it kind of weird that they say parking is so limited yet if you look all around the main building there are all these posters saying that there are more spaces and carports available and for residents to sign up."

The frustration over the lack of parking spaces and the amount of towing taking place is one echoed by many SHU residents.

"The parking situation for SHU students who reside at Avalon Gates is outrageous! Cars are constantly being stickered and towed no matter what

time of day it is or how many spots are vacant. It is a nuisance and a constant interruption to students' class and work schedules," said Andrew Moran of Cresskill, NJ.

Some of the new solutions for Avalon parking that Dean Wielk has put into place are, earlier shuttle runs starting at 6:00 and 6:30, Monday through Friday for those students



A car at Avalon is caught violating a parking code.

Photo by Susan Magnano

who have to get to jobs early. These runs will go directly to SHU. Dean Wielk is also working on negotiations for more spots at Avalon, but students may have to pay extra for these new spots.



A&E

Arts & Entertainment

The Disappearing Star

By Colleen Mitrano
Staff Reporter

Ever wonder why so young women feel the need to be so skinny? Well it's not rocket science; it could be because so many female celebrities are slowly becoming skin and bones. Over the past few years' female celebrities have gone from being normal size women, to borderline anorexic. The stars' obsession with being super-small has escalated to unhealthy proportions.

According to celebrity trainer Michael George, who has worked with such A-list stars as Meg Ryan and Julianne Moore, "The average actress is about 5 to 10 pounds thinner than she was a couple of years ago. And the average dress size has gone from a size 4 to a size 2".

One reason for the recent drastic weight loss is in Hollywood the competition between female celebrities to land leading lady roles has become more and more fierce. Many actresses have the idea that the better your body looks, the better the role you will land.

With the movie studios recently casting very young leading ladies whose bodies are extremely tiny, such as Kirsten Dunst and Julia Stiles, many of the actresses in their late twenties and thirties feel the need to fit this new young look. "If you want to be a leading lady, then you need to have leading lady's body. Right now that is very small", explains one TV casting agent.

Yet, the sad fact is that in Hollywood standards anything

over a size 6 is considered to be overweight. For proof just watch a re-run of "Friends" and look at Jennifer Aniston then and now; she looked great then and looks too skinny now.

However, it is not

tim to the shrinking clothing size. Designers have always decided which body type is seen as the most sexy, and today designers have deemed the skin and bones look as the most desirable.

"Celebrity stylists need actresses to fit into the sample-size (model-size) clothing that designers send to the sets and photo shoots in order to dress them in the hippest trends. Since the sample-sizes are so small right now, it's putting pressure on the actresses to drop a size or two", says star stylist Danna Weiss.

Because of the small standards normal curvaceous stars who might have only worn a size 6, feel the need to go on crazy lose weight quick diets, so they can fit into those size two jeans the designers sent them.

Stars have been known to go on such crazy diets as to only eat the crusts of their bread or dousing food with extra salt or ketchup

to they will not eat the entire meal. Yet, some stars do take the extreme road like bulimia or anorexia to stay a size 0. For example Christina Ricci openly admitted that when she was 14 and 15 she had an eating disorder.

This trend of being sickly skinny is not just affecting female celebrities; it is affecting

teenage and college age girls. Upon hearing an actresses like Tea Leoni state in an interview on

to because that is what they see on T.V. and in movies", stated by Melissa DeLaurentis a sophomore from Claverack, N.Y.

Probably the worst instance of portraying normal as fat is when "Harper's Bazaar" Magazine yanked Renee Zellweger from the cover because she had to add 30 pounds to her normally tiny



Above, Aniston at this year's Emmy Awards. At left, Aniston circa 1994.

www.imdb.com



Above, Zellweger as Bridget Jones. At left, Zellweger after her role.

www.imdb.com



Access Hollywood, "After having a baby I ballooned up to 129 pounds and had to wear a size 6". It is no wonder that girls

105 pound body for her role in "Bridget Jones's Diary". The magazine editor at the time, Kate Betts, later apologized but stated,

"Actresses had already known that extra pounds could cause them covers".

The harsh reality is that not everyone can be skinny. Although being skinny looks like it's everywhere, it really is not. The average woman in the United States weighs 145 pounds and wears a size 14. So instead of asking how much more weight should a woman who only wears a size 4 lose to fit into that size 2, they should ask themselves, how does it feel to be below average?

"The average actress is about 5 to 10 pounds thinner than she was a couple of years ago."

Michael George

who are not fat and wear a size 6 think they need to lose 20 pounds to fit into that size 2, so that they will not be considered fat. "I'll never be a size zero and I never want to be. But I feel bad when other people feel like they have

Farm Aid Filled with American Spirit

By Justin Liberman
Contributing Writer

"Attention shoppers, Attention shoppers, buy with a conscience and save (beat) a family farm!" shouted co-Farm Aid founder Neil Young at this year's Farm Aid benefit concert held on September 21, in Burgettstown, Pennsylvania. The benefit concert is one of Farm Aid's yearly contributions to family farmers in America. The concerts alone have generated over \$15 million dollars in charity efforts for American farmers and their families. Farm Aid is an organization that strives to protect and uphold the essence of the American Spirit. It was designed to support family farmers in their struggle against the unjust acts done to them by big business and giant conglomerate agribusinesses.

This year's event brought together a brilliant lineup including Farm Aid founders Willie Nelson, John Mellancamp, Neil Young, and its newest board member Dave

harvest moon rising, Dave Matthews stepped on stage with only a guitar and a soul full of passion. Matthews began the intimate set with a beautiful "Grace is Gone" followed by the classic "Dancing Nancies". After a very political "Too Much", the unreleased "Gravediggers", and the jazzy "Crush," Matthews howled to the moon with an epic version of "All along the Watchtower".

At one point in the song Matthews changed the lyrics to, "no factory farmer rules my life" giving the performance an edgy political stance. A group of impressed concert goers agreed when one said, "We have seen Dave close to 20 times and I've never seen a performance like that." The highlighted set lived up to the crowd's expectations and definitely fed into the night's passion.

Up next stepped the mysterious and tremendous Neil Young, who perhaps stole the night with an incredible and emotional back to back performance of "Old Man" and "Heart of Gold". Wearing a "Stop Factory Farms" t-shirt.

Ending the evening with a group of the night's performers and local farmers on stage "Move it on Over", "On the Road Again", and a dazzling "America the

Beautiful" were all played for the country's delight. As the TV cameras went off the events participants filed off the stage and the crowd began to filter out.

The night seemed like it was untouchable as if the morning would never come. Once Willie took his final bow the experience was complete with missions, messages, and music. The Farm Aid mission was spread across the crowd and delivered its urgent message of helping the family farms of this country through a night of unforgettable memories and music. The essence of America lies within its efforts and within its group voice. For more information on Farm Aid you can visit www.farmaid.org <<http://www.farmaid.org>> or call 1-800-FARMAID. A documentary entitled "Farmers Market", which highlights this year's event and includes live performances and press conference footage, is currently in circulation on campus television.



www.farmaid.org

Matthews. Additionally, the phenomenal supporting cast that will echo through the ages included guitar maestro Kenny Wayne Sheppard, bad boy Kid Rock, the poetic Gillian Welch, and country stars Lee-Anne Womack and Toby Keith. Bongo enthusiast and Hollywood hot shot Matthew McConaughey was the host for the evening.

The music kicked off with an electrified set of classic blues rock from the hands of Kenny Wayne Sheppard and Double Trouble. Sheppard's rendition of Jimi Hendrix's classic Voodoo Child supplied the fierce beauty and intense tone that was needed to set the stage for such an amazing day. As the early afternoon approached, spectators were dazed by the patriotic rifts of Toby Keith. Sticking around from a sold out concert the night before, Keith played an impressive set that was later enhanced by a duet with Willie Nelson. The two skillfully jammed out together on the humorous tune, "I'll Never Smoke Weed with Willie Again."

With the late September

Home Sweet Home

By Julie Fuhrman
Staff Reporter

"Sweet Home Alabama" is this year's Cinderella story with a bit of a twist. If you are looking for a romantic comedy that mixes up its predictability with a few twists and turns, this is the movie for you. "Sweet Home Alabama" is about a New York fashion designer named Melanie Carmichael, played by Reese Witherspoon, who gets engaged to the city's

mayor's son played by Patrick Dempsey. Melanie has many secrets buried in her past that she would rather forget. However, since she is getting married needs to be revealed. That one major secret is that she is still married to her high school sweetheart.

When she returns back home to get a divorce she faces her fiancé only to learn he will not sign the papers.

Throughout the movie, Melanie struggles with her New York lifestyle and the lifestyle she so desperately wanted to leave behind.

Coming back to her very small town in Alabama, a town where everyone knows everyone else's business, Melanie doesn't exactly get a warm homecoming. People in her town feel as though she feels

alone. The audience is struggling right along with her. Both men are sweet, loving and care about her a lot. There is no bad guy in this movie. Therefore it is hard for the audience to figure out which man is best for her. The rich man takes Melanie into Tiffany's and tells her to pick any wedding ring she wants. Isn't that any girl's dream come true?

However, there are glimpses here and there of love between Melanie and her high school sweetheart. Will Melanie choose a rich man who understands her or the man from her Alabama past? You'll have to see the movie to find out.

Reese

Witherspoon does a fantastic job of playing Melanie. She fits right into both roles as a New York businesswoman and a girl from sweet home Alabama. She has been called America's new sweetheart. Critics are saying that Sweet Home Alabama is, "the perfect date movie," and "you'll laugh, you'll cry, you'll want to go home again." The movie came out Friday September 27th and is still playing in movie theatres.



www.imdb.com

Witherspoon's character is forced to choose between two men.

she's better than them with her new lifestyle. That is in fact exactly how she feels until she begins to open her eyes and her heart to the Alabama lifestyle she left behind. Melanie discovers that "you can take the girl out of the South, but you can never take the South out of the girl." Melanie struggles on which man is the right one for her; her New York fiancé or her Alabama sweetheart. However, she is not

Where There's a Will, There's a Grace

By Melissa Munoz
Staff Reporter

The thing to do on Thursday nights is not to go to the Page anymore, now it is all about "Will and Grace". This is a show whose complexity allows it to appeal to a huge audience, especially that of young people. What more could a college student want, then to watch a show that talks about love, sex, and alcohol?

With a sharp wit to each character, Will, Grace, Karen and Jack have you laughing the whole time. The four share a special bond. Back in the day Grace, played by Debra Messing and Will, Eric McCormack, used to date, that was until Will met the eccentric Jack, played excellently by the over-the-top Sean Hayes. Jack helped Will realize he was gay. Karen, Megan Mullally, is Grace's lazy assistant, who basically criticizes everything that Grace wears, says and does.

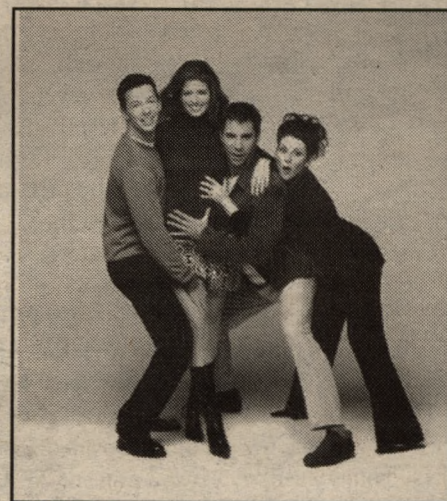
The uniqueness of this show is that the four friends, two of whom are gay, are breaking boundaries in a way that most people do not

even realize it. This show took a chance by putting two gay characters in the spot light, and allowing them to be viewed as everyday people. They are playing up the typical two stereotypes of gay men. Will who portrays the stereotypical pretty looking gay man, who is successful and knows how to dress. Then there is Jack, who is the stereotypical flamboyant gay man. Everything out of his mouth has to do with sex, and everything is about Jack.

The show broke barriers by showing that being gay is not a bad thing and it is nothing to be afraid of. They support that fact by creating Will and Jack and letting the audience see that really, they are no different than everyone else.

Now the first show of the season which began last Thursday had Grace literally running to get artificially inseminated, but she ran straight into a light pole and

a man on a white horse came to her rescue and now shows hints of interest in her. However she and Will have decided that they will not date while they are trying to get pregnant.



www.nbc.com

The stars of "Will and Grace"

Then Karen ended up fooling around with the man from last season. And last Jack is just still Jack. Now it seems like Grace is finally getting the man of her dreams, he's a doctor and he's Jewish, it's a perfect match for her! Tonight will continue the drama. So watch Will and Grace at 9 p.m. Tonight.

Cheerleading: A Struggle for Recognition

By Amy Toohey
Sports Writer

The Sacred Heart University's cheerleading squad speaks out about hard work going un-acknowledged.

"At Sacred Heart University, giving recognition and adequate support to student-athletic programs is of utmost importance. Unfortunately, the SHU community often overlooks one particular group of dedicated, spirited and talented athletes.

"My team consists of 22 young women who are enthusiasts of all Pioneer athletics, yet we want and rightfully deserve to expand our own program and gain respect from the very teams we support year round," stated Stacy Jackson (Ridgefield, NJ) who is a member of the cheerleading squad.

Cheerleading has drastically changed over the last few decades. Cheerleaders no longer join squads to build excitement amongst the fans of the various

teams within their school. With goals and athletic abilities all their own, cheerleaders maintain a common goal, and that is to win competitions.

"We enjoy attending games and rooting for our fellow classmates, but we really want to become a nationally recognized cheerleading squad. We are affiliated with the National Cheerleaders Association and attend a National Competition in Daytona Beach, Florida annually. We are also competing against squads that offer full scholarships to their athletes.

It is very hard to exceed their talent levels with a low budget," stated Jade Levesque a sophomore and captain from Framingham, Mass.

Working with a low budget, consisting of \$3000.00, is an obstacle the squad faces each year.

"We don't have enough uniforms for the entire team. We fund raise to help defray the costs of pom-poms, sneakers and other miscellaneous costs, but we consistently run short on funds," stated Ashley Foley a sophomore from Walpole, Mass. "It costs, roughly, \$800.00 to attend

Nationals in Daytona, and each girl pays her own way.

We truly do appreciate the money we are given, but we do wish that SHU would support our interest a bit more. Perhaps the university would be willing to help us raise money for our cause," Foley continued.

"We are not even recognized on the SHU Web Page. Girls, who wish to continue cheering after the completion of high school, do not even have the opportunity to contact the squad if they are interested in gathering information."

Working year round to create a perfect routine to display for competition is not an easy task to undertake. The SHU Cheerleading Squad practices

three mornings each week at 6:00 a.m. They also practice three evenings a week and on Saturdays. Outside of the university, many members of the team continue to train in the areas of gymnastics and dance.

Being part of this team also requires the squad to dedicate themselves to community service projects five days per week. "We teach cheerleading and help students in grades K-6 with their homework at Bryant School in Bridgeport. We also teach cheerleading to Bridgeport P.A.L. members aging from seven to 10 years old," Jade Levesque commented.

Head Coach, Kelly Tedesco is extremely proud of her athletes and their ability to balance the role of being student-athletes, supporters and community volunteers. "My athletes are well rounded individuals. They give their all to SHU and they deserve to be treated like any other athlete at the school. Being a former SHU cheerleader myself, I have had the opportunity to see the program grow into the sport it is today. This team has tremendous athletic ability. We don't believe we should be given special treat-

ment, but we do think that equality amongst all athletes is fair," Coach Tedesco.

"We are not even recognized on the SHU Web Page. Girls, who wish to continue cheering after the completion of high school, do not even have the opportunity to contact the squad if they are interested in gathering information. Competing on the national level requires recruiting, and that process is not easy for us due to our low profile on campus and lack of funds," stated Kelly Tedesco.

Working and bonding together is a key element to the squad's success. "Everybody plays an important role on our squad. Competing at our level involves a high risk for injury, therefore, we have to trust one another and work together to complete our goals. Given the opportunity to cheer at SHU really added to my decision to attend this campus. I hope that our squad receives more attention so that future cheerleading hopefuls will choose to be part of the SHU community," added sophomore Ashley Foley.

Pineda's Hat Trick Leads Way

By Craig Joly
Sports Writer

SHU walked past the Saint Peter's Peacocks last Saturday as Junior Paula Pineda led the Pioneers to a 7-0 victory.

Led by junior Paula Pineda's (Vigo, Spain) hat trick, the Sacred Heart University women's soccer team dropped the Saint Peter's College Peacocks by an impressive score of 7-0 on a sunny Saturday afternoon, September 28 at Campus Field.

Those fans who came to view the contest could easily be heard shouting, "Let's go Heart!" Throughout the course of the entire game.

Pineda's first goal came in the eighteenth minute of the game, and was followed by junior Jill Bizeau's (Suffield, CT) goal in the thirty-fifth minute, to make the score 2-0. Sophomore Natalie Urbas (Pickering, Ontario) scored Sacred Heart's third goal of the contest to close out the first half scoring, with a mere

eleven seconds left.

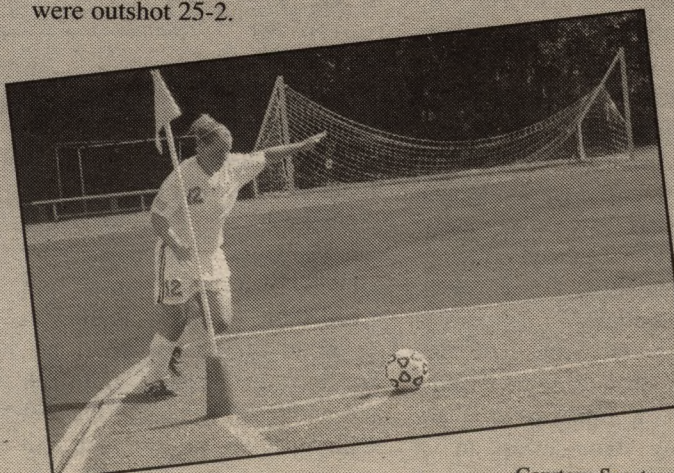
SHU exploded into the second half as scoring was again started by Pineda, who scored her second goal three minutes into the half. She completed her hat trick about one minute later when she scored on a fast breakaway.

Pineda later said that, "The Pioneers haven't been playing well, so it was good to score seven." Second half goals were also scored by sophomores Kathleen Busam (Smithfield, RI) and Ashleigh Bepko (Guilford, CT). Bizeau added two assists in the game to help the Pioneers' attack.

Had Saint Peter's freshman goalie Angelina Albruzzese not made fourteen saves, the score very easily could have been more lopsided, as the Peacocks were outshot 25-2.

Following the game, junior Leslie Konsig (Milburn, NJ) talked about how this game was a "turning point" for the Pioneers. She also mentioned that this game could be used as "practice" for the upcoming game against a tough conference opponent University of Maryland - Baltimore County, on Friday, October 4.

Senior Andrea Linder (Stockholm, Sweden) added, "it was nice that we kept playing hard even though we had an 'easy opponent'."



Courtesy Spectrum Photographers

SHU
ATHLETICS

Queens show Heart

Greg Tonzola
Sports Writer

The women's rugby team who were undefeated last year, are still thick in the hunt for a conference championship.

They may not know all the rules and they might not be quite sure how to keep score, but nothing stops the Sacred Heart women's rugby team from getting dirty, hitting hard, and playing all out every chance they get.

"Rugby is such an extreme sport. Whatever you're not supposed to do in other sports, is encouraged in rugby... its awesome" states Junior Wing Missy Bernash (South Hadley, MA). Their latest chance was this past Sunday when the team hosted Stony Brook University. After dropping their first match 2 weeks ago, a disappointing loss to Vassar College, the girls came out full steam and took full advantage this time around.

Led by Sophomore Chrissy Sheridan's three tries (a try is much like a touchdown in Football except you must touch the ball to the ground physically and is worth five points), and a viscous defense, the team came together to beat Stony Brook 36-5 on the grass field here at SHU in front of a large crowd on "family day."

"We pulled together as a team. We improved our rucks and we used our pack members to gain yards a lot better." - Senior Co-Captain Naiara Azpiri

Senior Second Rower (this is a position mainly used to tackle the opposing ball carriers) and captain Naiara Azpiri (Basque Country, Spain) explained, "We pulled together as a team. We improved our rucks (a ruck is when the ball carrier is tackled to the ground and the two teams more or less fight for the loose ball) and we used our pack members to gain yards a lot better (a pack member is much like a defensive or offensive lineman in football)

The girls hit hard and played tough through both halves, earning, "a good win that we needed after opening up with a loss," according to sophomore Annie Berry (Rockaway, NJ). Bernash added, "we proved to ourselves and to our opponents the damage we're capable of... we were a dominating force." Also scoring for the team were freshman prop Jess Honan with one try and Senior Katie Marian with two tries. After coming off an impressive victory the team looks to "take out our stress and aggression" on SUNY New Paltz this Sunday at eleven here at the SHU softball field.

The women's rugby team always welcomes new players and encourages them to come join this exciting sport. For more information contact Naiara Azpiri at naiara-azpiri@sacredheart.edu.



Courtesy OCSN.COM

Sacred Hearts Paula Pineda (Vigo, Spain) Was named the SHU athlete of the week.

SCORE BOARD

FIELD HOCKEY

SHU 2
Siena 1

M.SOCCER

SHU 1
UMBC 2

W.SOCCER

SHU 4
Northeastern 0

FOOTBALL

SHU 28
St. Francis 0

VOLLEYBALL

SHU 0
Iona 3

NEC Hopes Alive

However, on Sacred Heart's first play of their sixth possession, junior quarterback Joe Kroells (Burbank, CA) linked with wide receiver Marlon Ward on a 53-yard scoring punch to put the Pioneers ahead 14-0. Subsequently, the Red Flash offense was unable to get the best of a stingy Sacred Heart defense.

"Our special teams were also very big for us this week." - Head Coach Bill Lacey

Just as the second half got underway, the Red Flash fumbled a punt from senior Mike Kraft (North Arlington, NJ) and Pioneer senior Dan Atcherson (Pennsauken, NJ) recovered at the St. Francis 37-yard line.

Although it looked as though the Pioneers had a chance to increase their lead, Kroells was sacked hard and fumbled on the ensuing play, resulting in a loss of 11 yards back to the St. Francis 48. After two failed plays, Kraft was forced to punt again.

"Our special teams were also very big for us this week. Senior Pete Athans (Ocean, NJ) had seven punt returns for 110 yard, an average of 15.71 yards per return, and one return for a TD.

Punter Kraft averaged 40.2 yards per punt. "Mike put four inside the 20 and one inside five yard line," said Lacey.

An unsuccessful 28-yard kick by Red Flash punter Carl Parrish combined with a 13-yard return by Pete Athans gave the Pioneers the ball on the St. Francis 25. Freshman Ed Pricolo (Johnston, RI) ran 22 yards for a touchdown two plays later to give Sacred Heart a 21-0 lead. Following the subsequent kickoff, the Pioneers forced St. Francis to punt after just three plays.

Athans caught Parrish's punt on the Sacred Heart 31 and returned it 69 yards for SHU's final touchdown of the day.

Sacred Heart will face Robert Morris this coming Saturday at 2 p.m. at Campus Field as part of Sacred Heart University's homecoming festivities.

"Robert Morris is always a very strong opponent. They are very well coached and we will have to be near perfect to beat Robert Morris," said Head Coach Bill Lacey.

Junior defensive lineman Tim Dymond (Woodbourne, NY) agrees. "Our defense played great this past weekend. We made all the plays necessary to totally shut down their offense. In order to beat Robert Morris, we are going to have to be at least twice as tough," he stated.

SPORTS SCHEDULE

Friday, Oct 4

Women's Cross Country at Fairfield Invit
Men's Cross Country at Fairfield Invit
Men's Soccer vs LIU
Women's Soccer at UMBC

Fairfield, CT 3:30 PM
Fairfield, CT 3:30 PM
Fairfield, CT 4:00 PM
Baltimore, MD 4:00 PM

Saturday, Oct 5

Football vs Robert Morris
Men's Golf at Army Invit
Field Hockey vs Rider
Women's Volleyball vs Maine

Fairfield, CT 2:00 PM
West Point, NY All Day
Fairfield, CT 10:00 AM
Fairfield, CT 7:00 PM

Sunday, Oct 6

Women's Rowing at Riverfront Reg
Men's Golf at Army Invit
Men's Soccer vs SFPA
Women's Soccer at Mount St Marys
Field Hockey vs Monmouth
Women's Volleyball vs Fairleigh Dickinson

Hartford, CT TBA
West Point, NY All Day
Fairfield, CT 11:00 AM
Emmitsburg, MD 12:00 PM
Fairfield, CT 2:00 PM
Fairfield, CT 2:00 PM

Sports

SHU Dance Team Sets Their Aim for the Top

By Sarah Keller
Sports Writer

Dance team hopes to become competitive at the national level despite being a club sport.

For the past three years the Sacred Heart University Dance team has competed on the national level. However, last year was their first year competing as a division one team and they didn't make the final cut. "It was a big challenge," stated head coach Dierdre Eller.

As of now the SHU dance team is only a club, and as a division one team they are regularly competing against universities who include their dance teams as legitimate members of the athletic program. This enables them to recruit with fully funded scholarships and hire professional choreographers.

Despite their club status the team functions like a full-fledged athletic team. They practice three to four times a week for three hours and have to do a mandatory three hours of personal workouts each week. Their pre-season begins a week before the university returns for the fall semester and consists of eight hours of practice a day for seven days.

Unlike other teams, they do not have an off-season, and

continue full practices and games from mid-August to mid-May. When asked if the team was regarded as a sport on campus senior captain Elaine McCauley (Toms River, NJ) responded, "We are respected by other teams on campus, they see how hard we work."

Because of their club status the dance team is required to do extra activities that most sports do not have to participate in. They are required by CCO to attend all open houses and activities fairs. They also must do one fund raiser and community service project each semester. They are only given funding for nationals, not for their regular season. Due to this the team cannot hire a choreographer for their game season, so the girls do all their own choreography.

"At nationals last year we got to see what other teams were doing on that level and realized 'we can do that too', its just a matter of learning the moves. So each practice now we learn a new move." - Captain Elaine McCauley



Courtesy Liz Carr

Sitting prior to the recent pep rally are the 2002-2003 Sacred Heart dance team.

The dance team also has to fund raise for all of their gear. There are twenty-seven girls on the team so, "... With such a large team it is difficult to fund, the money is spread thin," explained McCauley.

However, when it comes to nationals Coach Eller said, "... The finance board is very generous with us." They have given funding for travel expenses, costumes and a choreographer and this year Coach Eller is very excited because the team is going to be hiring a "top notch" choreographer. Assistant coach, Erica

Lucas, and Eller believe that the team will make it to finals as Eller explained: "The girls have worked harder this year then ever before and I think we will make it to the finals at nationals."

Captains, Tayanna Rocourt (Seaford, NY), Katy McCaig (Saugerties, NY) and Elaine McCauley are completely focused on the team making it to finals this year. "Last year was a learning experience for us and so this year we are pushing it to another level" said Rocourt.

According to McCauley the team is doing more this year to prepare themselves then in years

past: "At nationals last year we got to see what other teams were doing on that level and realized 'we can do that too', its just a matter of learning the moves. So each practice now we learn a new move." The team is pushing hard to be their best, especially the seniors. "This is my last year here," Roucourt commented, "My goal as a senior is to make it to finals at nationals."

If you would like to see the dance team, attend any SHU football or basketball game. All of their practices are open as well, and they invite anyone to come and dance with them.

SHU Keeps Hopes Alive with 28-0 Trounce

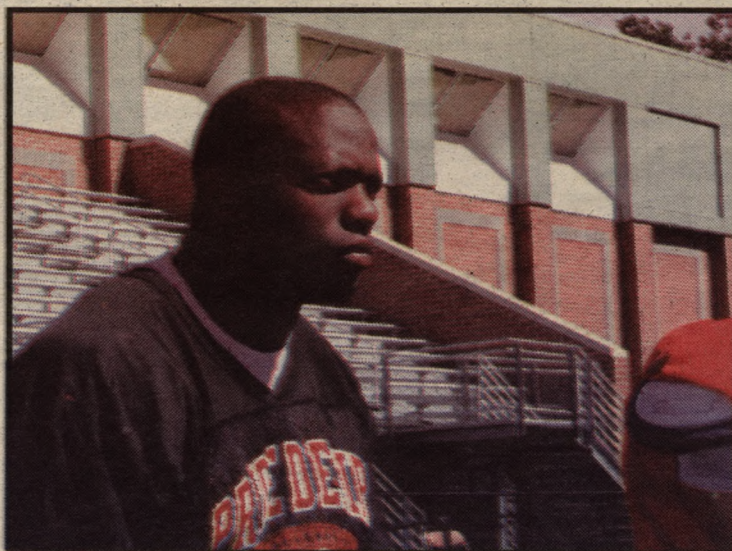
By Katie Atkins
Sports Writer

Sacred Heart Football kept their Championship hopes alive this weekend beating St. Francis.

Sacred Heart saw their dreams of defending their Northeast Conference title come alive again with a shutout victory against St. Francis at the Pine Bowl this past Saturday, located in Loretto, PA. It was the third consecutive game in which the Pioneers held the Red Flash scoreless, and the 26th straight defeat St. Francis has suffered.

Although both teams jointly collected just 277 yards of offense, Sacred Heart's defense and special teams guided SHU to triumph. "The defense was great," SHU head coach Bill Lacey stated, "this team (The St. Francis Red Flash) has not scored upon our defense in 12 quarters. We were able to keep pressure on their QB and keep him from making plays. Senior Kayode Mayowa (Providence, RI) had 5 tackles, 2 assisted tackles, 2 tackles for loss, 1 sack, 1 interception, and a fumble recovery for a touchdown."

Just five minutes into the game Mayowa got the Pioneers on the board with the first of four Sacred Heart touchdowns as he teamed up with senior Odain Mitchell (Bridgeport, CT) who



Courtesy Anthony Franciosa

Senior Co-Captain Kayode Mayowa during a recent SHU practice.

sacked and forced a fumble from St. Francis quarterback Kevin McCray on his own 17-yard line, Mayowa then grabbed the loose

ball and ran into the end zone for a touchdown.

The Sacred Heart offense was definitely struggling for much of the contest. "Offensively we are still very inconsistent. One good play and one bad play keeps us very much out of getting into any kind of rhythm," said Coach Lacey.

"We were able to keep pressure on their QB and keep him from making plays." - Coach Bill Lacey

See "NEC Hopes" Page 11